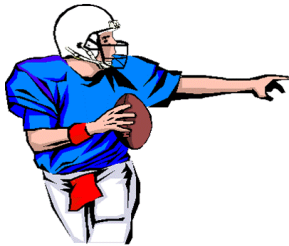


Youth Flag Football Teams

L.E. Phillips YMCA Sports Center – Spring 2024

AGES 6-8 YRS

1. BEARS (Blue)
2. VIKINGS (Gold)
3. PACKERS (Green)
4. CARDINALS (Red)



AGES 9-11 YRS

5. COWBOYS (Blue)
6. SAINTS (Gold)
7. JETS (Green)
8. PATRIOTS (Red)

There are two separate leagues. Teams numbered 1-4 are teams consisting of ages 6-8. They will play games at either 5:10 or 6:00 each Thursday. Teams numbered 5-8 are teams consisting of ages 9-11. They will play games at either 6:50 or 7:40 each Thursday.

Thursday, March 7th

Training Camp
 6-8 5:30-6:30
 9-11 6:30-7:30
 Good Job Everyone!

Thursday, March 14th – TEAM PRACTICE/SCRIMMAGE

	Front Turf		Back Turf	
	5:10	2	&	4 PRACTICE
	6:00	1	&	3 PRACTICE
	6:50	5	&	8 PRACTICE
	7:40	6	&	7 PRACTICE

Thursday, March 21st

5:10	1	vs	2
6:00	3	vs	4
6:50	5	vs	6
7:40	7	vs	8

Thursday, March 28th

NO GAMES
 SPRING BREAK

Thursday, April 4th

5:10	1	vs	4
6:00	2	vs	3
6:50	6	vs	8
7:40	5	vs	7

Thursday, April 11th

5:10	1	vs	3
6:00	2	vs	4
6:50	6	vs	7
7:40	5	vs	8

Thursday, April 18th

5:10	3	vs	4
6:00	1	vs	2
6:50	7	vs	8
7:40	5	vs	6

Thursday, April 25th – PLAYOFFS

5:10	Younger S1vsS4
6:00	Younger S2vsS3
6:50	Older S1vsS4
7:40	Older S2vsS3

Thursday, May 2nd – SUPER BOWL

5:10	Younger 3 rd Place
6:00	Younger Championship
6:50	Older 3 rd Place
7:40	Older Championship

“Life’s battles don’t always go to the stronger or faster competitor. But sooner or later the competitor, who wins, is the one who thinks he can.” -Vince Lombardi



Dear Youth Flag Football Players and Families,

Thank you for your participation in the YMCA Sports Center's Youth Flag Football League! The first week will be used for training camp purposes, as it is very important to understand the rules of the game. The children will practice basic football skills and fundamentals. Training camp will run 5:30-6:30pm for 6-8 year olds and 6:30-7:30pm for 9-11 year olds.

After Thursday night, the players will be divided into teams for the remainder of the season. We will be dividing the teams based on age, passing, catching, and overall skill. Please realize that we have the children's best interest in mind and will do our best to make the teams as fair as possible. Because of this, we are not able to guarantee placement requests unless they are immediate family.

The league schedule will consist of a team practice next week. The team practice is meant for coaches/players to meet and give us a better idea of the team skills. Players are required to show up at their designated time on the schedule.

IMPORTANT: Individuals may be moved to a different team after evaluation on practice night.

For the scheduled games, each team will practice for the first 5 minutes and then play one game: (2:20-minute halves) per night:

- 5:10 or 6:00PM games for the younger age bracket
- 6:50 or 7:40PM games for the older age bracket

*Please see attached schedule.

The Sports Center staff will designate teams and send notification via e-mail by **5:00pm: Tuesday (March 12)**. Please also feel free to access our website at www.ymca-cv.org to confirm teams after that time.

SPECIAL NOTE: Each team will have a volunteer coach assigned to their team. If you are interested in being a volunteer coach, please make sure to sign the sheet at the front desk.

The Sports Center's next Youth Flag Football Session will take place in June/July. Registration is open and available. Thank you again for your participation! We are happy to have you here and appreciate your support.

Sincerely,

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